

## **ABSTRACT**

**THESIS: Implications of Beverages and Physical Activity on Hot Flashes in Menopausal Women**

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The purpose of this research study was to examine the effects of consumption of beverages (caffeinated and alcoholic) and physical activity on the frequency and severity of hot flashes in peri-menopausal, menopausal, and post-menopausal women by conducting an on-line survey of women over the age of 40 employed at a Midwestern University. One-hundred ninety-six women participated in this study. Majority of participants were age 50-59 (n=104, 53.1%), and were in the naturally post-menopausal reproductive stage (n=81, 41.3%). Overall, results revealed that the effects of self-reported physical activity, average daily caffeine and alcohol intake were not significant in predicting the frequency of hot flashes ( $R^2=.043$ ,  $F_{(6, 184)} = 1.39$ ,  $p = .221$ ). However, results revealed a small, but statistically significant effect of physical activity, caffeine, and alcohol intake on severity of hot flashes ( $R^2=.068$ ,  $F_{(6, 180)} = 2.195$ ,  $p = .046$ ). Additionally, relatively more participation in aerobic physical activity increased frequency of hot flashes ( $p = .031$ ); while higher intensity of aerobic physical activity had an inverse relationship on both frequency and severity of hot flashes ( $p = .011$ ,  $p = .003$ , respectively).